

RSVP

A bridge between those who need and those who give

Sponsored by the City of Woodburn



Chemeketa Center for Learning in Retirement

Chemeketa Community College continues to offer classes for seniors citizens through the Chemeketa Center for Learning in Retirement (CCLR). Over the past 10 years a wide variety of interesting, educational and entertaining classes have kept seniors busy learning and sharing experiences at the Woodburn Campus. Classes run during Fall, Winter and Spring terms, and cost a fee of \$35. for the entire year! Field trips are held during summer term and everyone is welcome to join. The line of trips is quite interesting this summer. It will begin by exploring the cities of Dallas & Falls City. The trip is on June 22nd. All trips will leave from the Woodburn campus and have a fee. On July 6th the class will head south to Eugene to visit the Conger Street Clock Museum and will also visit the Raptor center. Also in July there will a Sunday matinee at the Pentacle Theatre to see *One Flew Over the Cuckoo's Nest*, the trip is limited to 20 tickets. August will be a fun Beer Buzz to Hubbard! The trip is to a hop farm to learn about the processing of hops and learn more about the beer industry. And the final trip is September 7th. It will be a special trip to the Northwest Medical Center near Beaverton. This is home to Northwest Medical Term, which does relief work world wide. All classes are limited and pre-registration is required. Call Beverly Koutny at 503-399-3258 for more information.



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News from North Marion Adult Center

The State of Oregon **SNAP** is available every Thursday from 10 to 1pm. This is a nutrition program for low income seniors who need a little boost in their grocery buying. **Foot Clinic** is the first Wednesday of the month from 10 to 3pm. Call 503-981-3613 for appointment or drop in and be worked in. **Bowl** every second and fourth Saturday at 1:30pm at Woodburn Bowl. Cost for two games is \$5 and that includes shoes. **Personal Computer User Group** meets every first Tuesday of the month at the senior center. Bring your computer questions and someone will have answers.

Please call Beverlee Koutny at 503-981-3613 in the afternoons Monday through Friday if you have questions.



RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.

Sue Speaks Her Mind



Music in the Park is just around the corner! Summer is the time for Music in the Park. The popular series sponsored by the Friends of Woodburn Public Library and supported by local businesses, combines new performers and sounds, along with several old favorites, to make this an exciting season. Weekly concerts, presented every Tuesday evening in July and August, begin at 7:00pm in Library Park, located in front of the library on the corner of Garfield and First Street. New this year along with Music in the Park there will be a Market Festival taking place in the downtown Plaza. The Woodburn Chamber of Commerce is partnering with the City of Woodburn to create the Downtown Music & Market Festival. This will be every Tuesday from 5–8:30pm. There will be vendors offering food, crafts, fun and games. This sounds like a great addition to the Music in the Park. Stay tuned for the line-up of performers for this years Music in the Park.



Please HelpHome Crafters Need Yarn

Volunteers needed: Meals-on-Wheels needs help this summer, kitchen help and drivers. Monday-Friday meals are delivered. **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

One of the many things nobody ever tells you about middle age is that it's such a nice change from being young.

Dorothy Canfield Fisher



Your Name: _____

Telephone: _____ Location: _____

Total Hours: _____ Month: _____ 2010

Project : _____ Supervisor's initials _____



Community Information and Education Page

BINGO, BINGO! Will break for the Summer, returning September.



NORTH MARION ADULT CENTER offers a **FOOT CLINIC** first **Wednesday** of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the **2nd & 4th Friday** of the month. 9am to 12 noon. \$20. Call 503-981-0033.

AARP Driver Safety Program is now located at **North Marion Adult Center, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn.** Classes will be held **June 14th & 15th 5:30pm-9:30pm** both days. Must call 503-981-3613 to register.



LIBRARY BOOK CLUB Meets the second Thursday of every month at noon. Feel free to bring your own lunch. The Library will provide coffee, cookies, and pop for everyone. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. **June 10th: One Flew Over the Cuckoo's Nest** by Ken Kesey. Its an easy way to read some great books, exercise your mind, meet fellow readers & have fun!



News From *Salemtowne*

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303

The new center is open and filled with many exciting workshops and classes. Next time you are in Salem, stop by and check it out!

TRIPS AHOY!! Contact the Center travel office for a complete travel guide or call 503-588-6303. Registrations are taken Mon and Thur 11am-3pm. All trips are available to anyone 21 years or older.

Center 50+ offers a wide variety of language & cultural, arts & crafts, workshops, fitness, music, personal enrichment. All classes are taught by professional, caring enthusiastic instructors. There is sure to be something to meet your goals. Call the Center at 503-588-6303 to get information on all activities at **Center 50+**, or come to the beautiful new center to register.

Volunteer Opportunities Turn that free time into helping someone else! Center 50+ thrives on volunteer power!

Monday Dance Every Monday 1pm to 3pm. No dance if there is a Holiday.

AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

Open Swim: Monday-Friday 1-3:30pm Saturday & Sunday 1-5pm

Lap Swim & Adult Swim: Monday-Friday 5:30am-4pm & 6-8:30pm Saturday & Sunday 1-5pm (2 lanes open)

ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:30AM

HIP FLEXIBILITY Fridays 9-9:40AM

DEEP CARDIO Tues & Thurs 6-6:45am

AQUAROBICS M/W/F 8-9am and M/T/W/Th 6-7pm

DEEP WATER FITNESS M/W/F 8-9AM **WATER WELLNESS** M/W/F 9:15-10:15am T/Th 8-9am

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at **AWARE**, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.

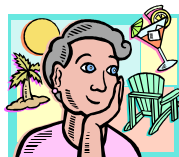


KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503-390-7441

PANCAKE Breakfast Saturday June 5th 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **Dance** Every Friday 9 am June 11th Theme dance **Foot Clinic:** Thur. June 10th & 24th by appt. 503-390-7141. **AARP Driving Class** June 1st & 2nd 12-4pm Call to register 503-390-7441. Many activities during the week, call center for details 503-390-7441.

SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

Daily lunch program by Northwest Senior & Disability Services. Lunch served at noon, Monday-Friday. All seniors 60 years and older. Suggested donation of \$2.75. Volunteers always needed. **Foot Clinic**, every



Friday, appt needed 9am. **Pan-cake Breakfast** Saturday June 19th 8-10am \$4.00





Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503 982-5255
Fax: 503 980-2448
Email: rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:
Susan Fofana-Dura



A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks

WHAT'S HAPPENING

Out & About is your guide for the summer activities. Look for an exciting list of trips for active adults. All trips leave from Settlemier Park parking lot. Register for the trips at the Aquatic Center or call 503-981-7946.

LUNCH at the Old Spaghetti Factory Join us for lunch at the original Old Spaghetti Factory, celebrating over 40 years! January 10, 1969 marked the grand opening of the first old Spaghetti Factory. Founders Guss & Sally Dussin leased an old warehouse in a run-down part of his home town Portland and braved the rain in order to greet the few customers who wandered in that night. Tuesday, **June 22**; 10am-2pm. \$15. for transportation, lunch on your own.



The **King and I** at Broadway Rose Theater. Rogers & Hammerstein's classic is a stunning tale of learning to love and learning to change. The **King and I** is one of the most exquisite stories ever told on stage. Thursday, **July 8**; 6pm-11pm (show time at 7:30pm) \$45 for transportation & show tickets. Register by June 23.



Who's on Third ? Concert series at **Woodburn United Methodist Church**. The JUNE concert with David Lomascola has been **CANCELED**. Who's on Third will resume in September.



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Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Bulk Rate
U.S. Postage
PAID
Woodburn, Oregon
97071
Permit No. 161

Marion County Retired & Senior Volunteer Program

